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# Zika Virus



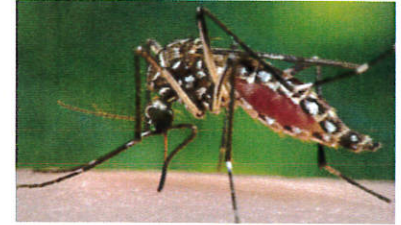
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## Zika Virus Disease: An Emerging Public Health Threat

Zika is an emerging mosquito borne virus that is currently causing a large outbreak primarily in Central and South America. Most people infected with Zika virus will not show clear symptoms. Approximately one in five people express mild disease with symptoms lasting from several days to a week. It is difficult to recognize Zika virus, since the symptoms are very similar to those of many other diseases. The only way to confirm an infection with the virus is through a blood test.



## Potential Complications of Zika Virus Disease

The major concern in the present outbreaks is that Zika virus is a cause of microcephaly, a severe birth defect that is a sign of a problem of underdevelopment of the fetal brain. In addition Zika virus is associated with a recent increase in incidence of Guillain-Barré syndrome, a condition in which the body's immune system attacks parts of the peripheral nervous system.

## Transmission

Zika virus is transmitted to people through the bite of an infected mosquito from the *Aedes* genus, mainly *Aedes Aegypti* and *Aedes albopictus* in tropical regions. This is the same mosquito that transmits dengue, chikungunya and yellow fever. Zika virus can also spread from between people through blood transfusion. Sexual transmission of Zika virus is possible, which causes a particular concern during pregnancy. Health experts are still learning about this risk.

### Key Facts

- Zika virus disease is caused by a virus transmitted by *Aedes* mosquitoes
- There is no specific treatment or vaccine currently available
- The best form of prevention is protection against mosquito bites
- Zika virus symptoms can include mild fever, skin rashes, conjunctivitis, muscle, malaise. These symptoms last for 2-7 days.
- The virus is known to be circulating in Africa, The Americas, Asia and Pacific.

### If You Are Traveling to an Affected Area consider:

- Following the 4 D's
  - DEET: Use an EPA-approved repellent and follow label directions
  - Dress: Wear long sleeved shirts and pants
  - Drain: Get rid of standing water, as these are breeding grounds of mosquitoes
  - Dawn/Dusk: Limit time spent outdoors during dawn/dusk, when mosquitoes are most active
- Stay in places with air conditioning or windows and door screens.
- Use mosquito bed nets if you cannot keep mosquitoes out of your residence

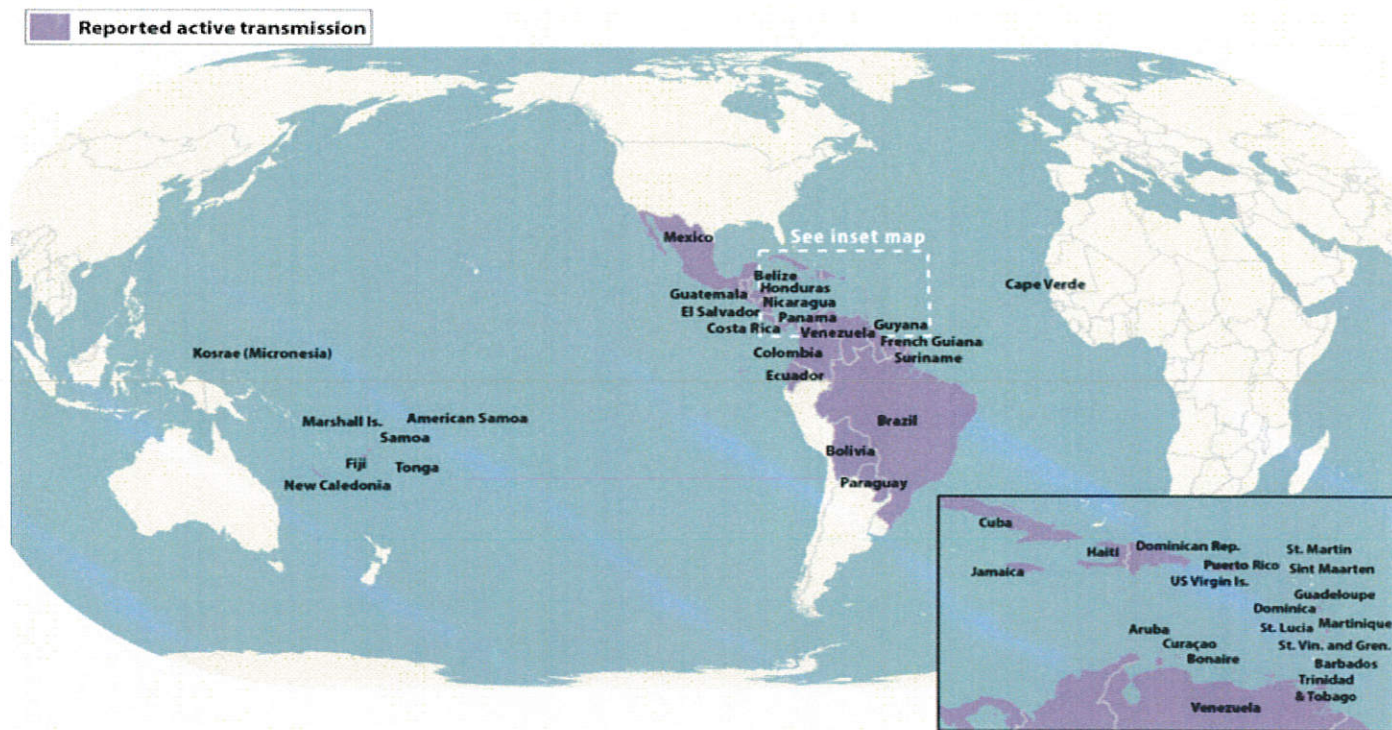
## What Should the Citizens of City of St. Louis Do

Zika virus can be spread from a pregnant woman to her fetus and has been associated to a serious birth defect of the brain in babies with mothers who had Zika virus while pregnancy. CDC recommends that pregnant women should consider delaying travel to areas with active Zika virus. Men and their pregnant partners who are traveling in a Zika affected area should consider abstaining from sexual activities or use condoms consistently and correctly for the duration of the pregnancy. Also men who are traveling with their non-pregnant partners should consider abstaining from sexual activities or using condoms consistently and correctly. Couples considering these options should take into considerations that most infections are asymptomatic when illness does occur. Pregnant women that experience any of the symptoms



or have a partner who has symptoms consistent of the Zika virus infection should talk to her doctor and/or get tested. Those that have traveled to areas with the Zika virus should take steps to prevent mosquito bites, as a precautionary measure.

Currently, there are no local mosquito-borne Zika virus cases that have been reported in the United States of America, however, there have been traveler associated cases in multiple states including Missouri. As of April 13, 2016, there have been 358 travel associated Zika virus disease cases reported in 41 states including Missouri. Of the 358 traveler associated infection, 31 are pregnant women, seven were sexually transmitted, and one Guillain-Barré Syndrome. The map below displays countries and territories with active Zika transmission.



## Department of Health Zika Virus Response

The City of St. Louis, Department of Health follows the current recommendations from the Center for Disease Control and Prevention (CDC) and is working closely with Missouri State, and health care providers to facilitate testing approval. In effort to protect the public, DOH is preparing to expand the current mosquito control used to prevent West Nile virus by increasing the use of larvicide as we are entering into mosquito season. In an effort to fight mosquito bites, DOH is encouraging the citizens to avoid standing water, remove abandon ties and submit mosquito breeding complaints and fogging requests to the Citizens Service Bureau (CSB).

### DOH Zika virus Response

- Working closely with center for Disease Control and Prevention (CDC) and the Missouri State to actively monitor the situation
- Developing a public awareness campaign around mosquito bite prevention" Fight the bites"
- Expanding current mosquito control activities used to prevent West Nile virus
- Advising healthcare providers to check symptoms of Zika in patients who have traveled in affected areas and report cases to the Health Department

#### Data Sources:

Center for Disease Control and Prevention (CDC)

World Health Organization (WHO)